

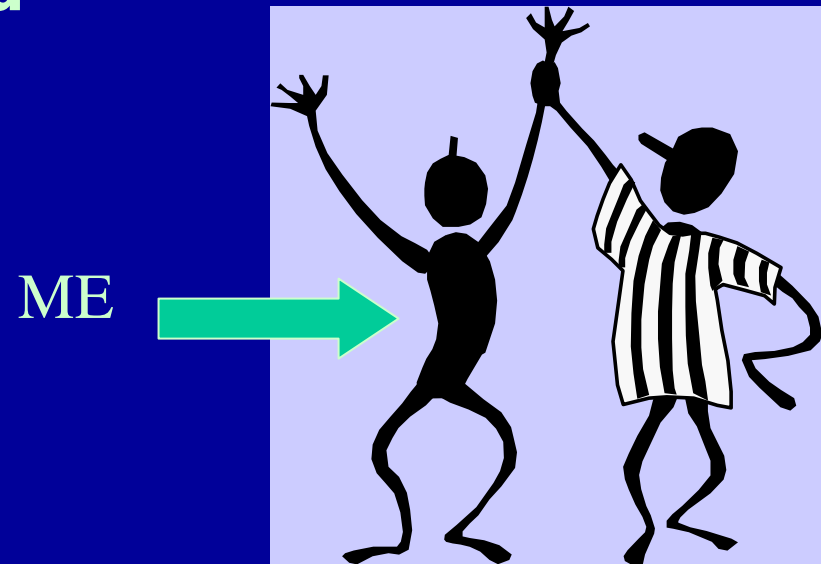
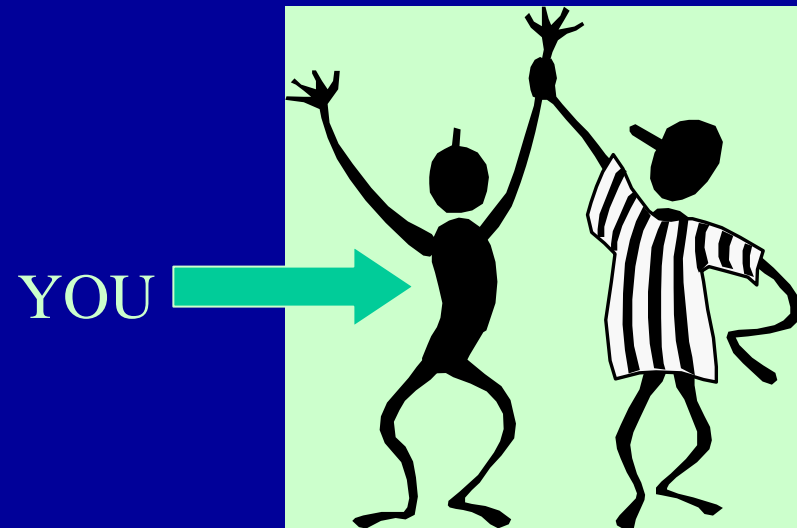
Habit #4:

Think Win/Win



Think Win/Win

- What is it?
 - A frame of mind
 - An attitude towards life
 - “I can win and so can you”



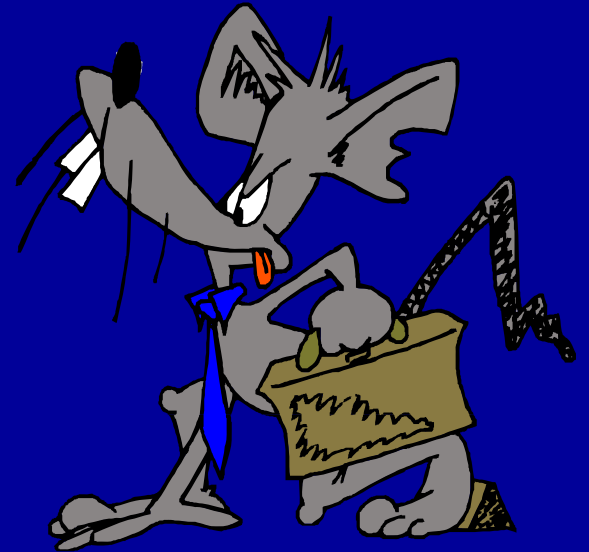
Other Views: Win/Lose

- **Pie of success is only so big – If you get a big piece there is less for me**



Win/Lose

- What it looks like:
 - Trying to get ahead at the expense of another
 - Spreading rumors about someone else (as if putting someone else down builds you up)
 - Always insisting on getting your way without concerning yourself with the feelings of others
 - Becoming jealous and envious when something good happens to someone close to you



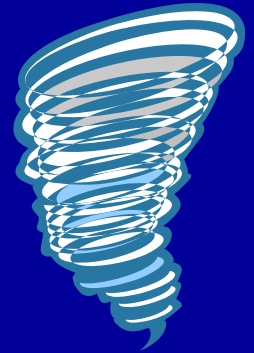
“The trouble with the rat race is that even if you win, you’re still a rat” – Lilly Tomlin

Lose/Win (The Doormat)

- **What it looks like:**
 - You give in
 - You are always the “nice guy”
 - You are the peacemaker
 - You set low expectations
 - You compromise standards



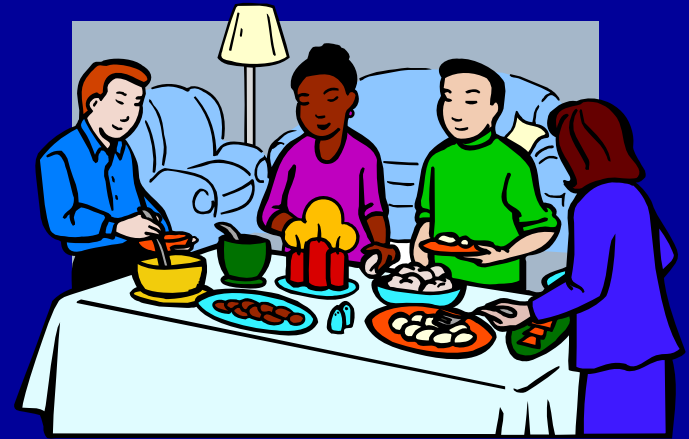
Lose/Lose



- **The Downward spiral**
- **If I'm going down you're going down with me!**
- **Misery loves company**
- **Example: "If I can't have Kyle, I'm sure as heck not going to let my friend Payton have him!"**

Win/Win

- Believe that everyone can win
- You care about others and want them to succeed, but you also want to succeed yourself
- Believe there is plenty of success to go around
 - (Like an all-you-can-eat buffet!)



How to think Win/Win

- **Starts with YOU**

- You must be secure and confident with yourself first

- **Avoid COMPETING and COMPARING**

Healthy


Compete against self
Challenge to do your best

Unhealthy

Tie your self worth to winning

Use it to place yourself above another

**WE ARE ALL
DIFFERENT!**

A cartoon illustration on a dark blue background. In the center, a large, light blue, tilted rectangular area contains several tall, brown wooden ladders. Four stylized, colorful cartoon characters are climbing these ladders. At the bottom of the frame, a green hill is visible. The characters are: a man in a brown suit and pink tie at the bottom of the central ladder; a woman with orange hair in a red and black striped shirt on a ladder to the left; a man with orange hair in a green and white striped shirt on a ladder to the right; and a small blue figure on a ladder further to the right. Each character has a speech bubble or thought bubble containing text.

Oh yeah,
well at
least I
am better
than him!

I'm better
than you!

I'm a
LOSER!

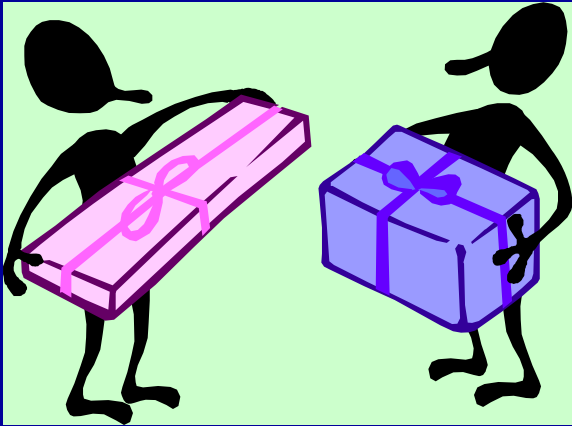
**Dangers of
comparing!**

Quick Thinking

- **Pinpoint the area of your life where you most struggle with comparisons. Perhaps it's with clothes, physical features, friends, talents.**
- **Write it down**
- **Write why you struggle with this and what you think you can do about letting it go.**

Win/Win

- **Why do it?**
 - Friend-magnet
 - You'll feel good about YOU



Quick Activity

- **Think of a person who you feel is a model of Win/Win**
- **What is it about this person you admire?**
- **Write down 3 ways that you can try to emulate this person.**

